



# CLASS SCHEDULE

## 2019

July 1–September 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45–6:45 AM					HATHA SHADOW STYLE Shelley		
6:50-7:50 AM		6:00-6:45 MET CON Julian	PILATES Kristina		PILATES Kristina		
7:00-8:00 AM		FITNESS STRETCH Carolyn		FITNESS STRETCH Karmen		FITNESS STRETCH Seanna	
8:10–9:10 AM	SLOW FLOW YOGA Seanna	FITNESS STRETCH Carolyn	8:00-8:30 TRX CORE EXPRESS Sherri		8:15-9:15 BARRE CORE CARDIO Leslie	CLASSIC CONDITIONING Sherri	PILATES Kristina
8:45-9:15 AM			BARRE CARDIO Leslie	8:15-9:00 FUNCTIONAL FITNESS Leslie			
9:30-10:30 AM		GET FIT Shelly	CARDIO PUMP Leslie	MAX STRENGTH Julian	DANCE CARDIO Chris/Leslie	BEGINNING TAI CHI Xiaoping	MAX STRENGTH Julian
10:45 -12:00 AM		10:45-11:45 QIGONG Devin	GENTLE YOGA Mashelle		YIN YOGA Angela		
12:00-1:00 PM		BEGINNING YOGA Rotation		BEGINNING YOGA Michael		BEGINNING YOGA Michael/Jean	
5:30-6:30 PM		TRX CARDIO Sherri	MET CON Julian		BOOT CAMP Julian		
5:30-6:15 Training Room			5:30-6:15 CYCLE Laura		5:30-6:15 CYCLE Laura		

1078 LOS OSOS VALLEY ROAD, LOS OSOS CA. PHONE 528-1190

MONDAY– THURSDAY 5 AM - 10 PM, FRIDAY 5 AM - 9 PM, SATURDAY 8AM - 6PM, SUNDAY 8AM - 5PM

WWW.LOSOSOSFITNESS.COM

# FITNESS CLASS DESCRIPTIONS

**BARRE** - Fusion of Ballet, Yoga and Pilates incorporating the barre and strength components.

**Cardio**—Barre class emphasizing cardio vascular benefits.

**Core Cardio**—Barre class incorporating both cardio and core benefits.

**BOOT CAMP** - Get fit! Get lean! Get strong! Have fun! Join the team in this full body workout. All levels.

**CARDIO PUMP** - Fun and challenging cardio and strength routines in a circuit format. Prepare to sweat!

**CLASSIC CONDITIONING** - A top to toe low impact class that uses your own body's resistance, as well as resistance equipment. Improve overall muscle strength, balance, flexibility and coordination.

**CYCLE** - This class utilizes stationary bicycles and great music to give you an intense and fun cardio workout. Appropriate for most fitness levels. Bring water and a towel to class. Class is limited to 6 participants. Sign up at the front desk no more than 20 minutes before class.

**DANCE CARDIO** - Fusion of Latin and International music with aerobic benefits. Shake it!

**FITNESS STRETCH** - A fluid sequence of postures focused on relaxing, breathing and working all your muscles through a full range of motion.

**FUNCTIONAL FITNESS** — A unique combination of effective exercises to keep you functional for life. Utilize the five components of daily functional movement All levels encouraged.

**GET FIT**— Resistance exercises to strengthen mixed with fat burning cardiovascular exercise.

**MAX STRENGTH** - Join our super effective, fun, safe muscle building class.! All fitness levels.

**MET CON** - Short bouts of higher/intensity safe training to increase metabolic demand and energy usage. All levels welcome. Burn baby burn!

**PILATES** - Improve core strength, flexibility, and coordination in this mat class. All levels welcome.

**QIGONG** — An ancient Chinese health system that combines graceful movements with mental concentration and breathing to increase and balance a person's vital energy. All levels welcome.

**TAI CHI** - Basic slow stretching, balancing drills, Tai Chi principles and moves. Drop in anytime.

**TRX**—Suspension training using body weight to develop strength, balance, flexibility and core stability for everyone regardless of your fitness level.

**Cardio**—Combines TRX and cardio exercises for an all over body workout.

**Core Express**—Super efficient combination of TRX and core work.

**YOGA - Beginning**—Good for first timers and continuing beginners.

**Gentle**—Connect your breath, soften your mind and feel deeply in the present.

**Hatha Shadow Style** —All levels focus on leg strength, coordination and grace.

**Slow Flow** -sequences working with breath and classic postures to benefit connective tissues.

**Yin**—promotes joint flexibility by holding poses for extended amounts of time. Bring a Yoga mat.

## LOS OSOS FITNESS CLASS POLICIES

- Please arrive on time and stay until the final cool down has ended. The warm-up and cool-down are an important part of a safe and effective workout.
- Go at your own pace. If it hurts DON'T DO IT! All exercises can be modified.
- Instructors are your coaches! Please inform them of any limitations or concerns.

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